

Exhibit A



**mg = milligram**  
**g = gram**

[illegible]

Apple Danish	1 danish	350	130	20	9	0	30	280	32	1	10	4	0	0	0	3
<b>Cheese Danish</b>	1 danish	340	200	22	10	0	35	270	30	1	8	4	0	0	2	6
Strawberry Cheese Danish	1 danish	320	130	20	9	0	30	260	31	1	9	4	0	0	0	6
<b>Muffin</b>																
Lemon Raspberry Muffin	1 muffin	460	140	15	1.50	0	15	490	75	3	38	6	4	10	2	10
<b>Muffins</b>																
Banana Walnut Muffin	1 muffin	540	250	25	3.50	0	65	520	69	3	31	10	30	0	6	15
<b>Chocolate Chip Muffin</b>	1 muffin	630	240	26	8	0	70	560	89	2	49	10	4	0	4	15
Coffee Cake Muffin	1 muffin	580	170	19	3	0	65	520	78	1	40	9	4	0	4	15
<b>Corn Muffin</b>	1 muffin	510	160	18	3.50	0	75	860	77	1	32	8	4	0	2	15
Honey Bran Raisin Muffin	1 muffin	480	140	15	2.50	0	60	480	79	5	45	8	0	0	20	20
<b>Blueberry Muffin</b>	1 muffin	470	150	17	3	0	60	500	73	2	38	8	0	0	4	15
Reduced Fat Blueberry Muffin	1 muffin	400	120	5	2	0	60	490	78	3	33	8	0	0	4	15
<b>Cranberry Orange Muffin</b>	1 muffin	440	150	17	3	0	65	480	66	3	30	8	0	8	60	20
English Muffin	1 English muffin 2.5 oz	360	110	1.50	0	0	0	340	31	2	1	6	0	0	20	10
<b>Other</b>																
French Toast (dry)	1 toast (dry)	280	120	10	3	2	10	280	46	2	14	6	0	0	0	10
<b>Biscuit</b>	1 biscuit	250	120	13	3.50	8	0	780	29	1	3	5	0	0	4	8
Plain Croissant	1 croissant	300	150	14	4.50	7	5	270	29	0	3	6	0	0	4	0

<b>Coffee</b>																
Coffee	10 fl.oz.	15	0	0	0	0	0	60	1	0	0	1	0	0	0	0
<b>Coffee with Cream</b>	10 fl.oz.	70	50	6	3.50	0	20	65	3	0	0	1	4	0	4	0
Coffee with Cream and Sugar	10 fl.oz.	140	60	6	3.50	0	20	120	15	0	12	4	4	0	4	0
<b>Coffee with Milk</b>	10 fl.oz.	35	10	1	0.50	0	5	70	4	0	2	2	0	0	4	0
Coffee with Milk and Sugar	10 fl.oz.	80	40	1	0.50	0	5	70	14	0	12	2	0	0	4	0
<b>Coffee with Skim Milk</b>	10 fl.oz.	25	0	0	0	0	0	70	4	0	1	2	0	0	4	0
Coffee with Skim Milk and Sugar	10 fl.oz.	70	0	0	0	0	0	70	14	0	12	2	0	0	4	0
<b>Coffee with Sugar</b>	10 fl.oz.	60	0	0	0	0	0	60	15	0	12	1	0	0	0	0
<b>Coolatta®</b>																
Charvlatine Sube® Coolatta®	16 fl.oz.	240	0	0	0	0	0	62	62	3	60	0	0	0	2	2
<b>Coffee Coolatta® with 2% Milk</b>	16 fl.oz.	190	20	2	1.50	0	10	80	41	0	40	4	4	0	15	0
Coffee Coolatta® with Cream	16 fl.oz.	340	200	22	14	0	75	60	49	0	73	2	15	0	10	0
<b>Coffee Coolatta® with Milk</b>	16 fl.oz.	210	40	4	2.50	0	15	80	42	0	40	4	0	0	10	0
Coffee Coolatta® with Skim Milk	16 fl.oz.	170	0	0	0	0	0	60	41	0	40	4	0	0	15	0
<b>Tropicana Orange Coolatta®</b>	16 fl.oz.	370	0	0	0	0	0	50	92	3	87	1	4	40	0	4

Strawberry Fruit Coolatta®	16 fl.oz.	290	0	0	0	0	0	30	72	1	65	0	0	45	4	2
Vanilla Bean Coolatta®	16 fl.oz.	440	150	17	15	1	0	95	70	1	69	1	0	0	4	0
Lemonade Coolatta®	16 fl.oz.	240	0	0	0	0	0	35	59	0	56	0	0	30	4	0
<b>Flavored Coffee</b>																
Blueberry Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Caramel Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Cinnamon Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Hazelnut Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Raspberry Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Toasted Almond Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
French Vanilla Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Coconut Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
Chocolate Coffee	10 fl.oz.	20	0	0	0	0	0	60	4	0	0	1	0	0	0	0
Caramel Cinnamon Coffee	10 fl.oz.	20	0	0	0	0	0	65	4	0	0	1	0	0	0	0
<b>Hot Espresso Drinks</b>																
Latte with Soy Milk	10 fl.oz.	90	30	3.50	0	0	0	110	8	1	6	6	8	0	25	6
Latte with Soy Milk and Sugar	10 fl.oz.	150	30	3.50	0	0	0	110	22	1	20	6	8	0	25	6
Caramel Swirl Latte with Soy Milk	10 fl.oz.	210	30	3.50	0	0	0	160	34	1	32	8	8	0	35	8
Mocha Swirl Latte with Soy Milk	10 fl.oz.	210	40	4.50	1	0	0	130	35	2	32	7	8	10	25	15
Cappuccino with Soy Milk	10 fl.oz.	70	25	2.50	0	0	0	80	6	1	5	4	6	0	20	4
Cappuccino with Soy Milk and Sugar	10 fl.oz.	120	25	2.50	0	0	0	80	20	1	19	4	6	0	20	4
Caramel Cream Hot Latte	10 fl.oz.	290	90	9	8	0	20	125	40	0	40	8	4	0	30	8
Mocha Almond Hot Latte	10 fl.oz.	290	90	10	7	0	20	115	46	1	45	8	4	8	25	8
Hot Latte Lite	10 fl.oz.	70	0	0	0	0	0	50	10	0	5	4	6	0	20	0
Turbo Hot™	10 fl.oz.	130	50	6	3.50	0	20	55	20	0	17	1	4	0	4	0
Vanilla Latte Lite	10 fl.oz.	90	0	0	0	0	0	100	12	0	10	5	8	0	20	0
Gingerbread Latte	10 fl.oz.	400	80	9	5	0	30	190	68	0	66	10	6	0	35	4
Latte	10 fl.oz.	120	60	6	3.50	0	25	95	10	0	9	6	0	0	20	0
Latte with Sugar	10 fl.oz.	160	60	6	3.50	0	25	95	22	0	21	6	0	0	20	0
Caramel Swirl Latte	10 fl.oz.	220	60	6	3.50	0	25	140	36	0	30	8	0	0	25	0
Mocha Swirl Latte	10 fl.oz.	230	70	7	4	0	25	110	37	1	35	6	0	10	20	8
Cappuccino	10 fl.oz.	90	40	4.50	2.50	0	20	70	7	0	7	4	0	0	15	0
Cappuccino with Sugar	10 fl.oz.	130	40	4.50	2.50	0	15	65	21	0	20	4	0	0	10	0
Espresso	2 fl.oz.	0	0	0	0	0	0	5	1	0	1	0	0	0	0	0
Espresso with Sugar	2 fl.oz.	30	0	0	0	0	0	5	7	0	7	0	0	0	0	0
<b>Iced Coffee</b>																
Turbo Ice™	16 fl.oz.	120	60	7	3.50	0	20	55	18	0	18	1	4	0	4	0
Vanilla Iced Latte Lite	16 fl.oz.	80	0	0	0	0	0	110	13	0	0	7	8	0	20	0
Berry Berry Iced Coffee	16 fl.oz.	120	50	6	3.50	0	20	75	12	0	12	1	4	0	4	0
Iced Coffee	16 fl.oz.	15	0	0	0	0	0	70	3	0	0	1	0	0	0	0
Root Coffee with Cream	16 fl.oz.	70	50	6	3.50	0	20	75	4	0	4	1	4	0	4	0
Iced Coffee with Cream and Sugar	16 fl.oz.	120	50	6	3.50	0	20	75	16	0	12	2	4	0	4	0
Root Coffee with Milk	16 fl.oz.	70	10	1	0.50	0	5	80	4	0	2	2	0	0	4	0
Iced Coffee with Milk and Sugar	16 fl.oz.	80	10	1	0.50	0	5	80	16	0	13	2	0	0	4	0
Root Coffee with Skim Milk	16 fl.oz.	70	0	0	0	0	0	75	4	0	2	2	0	0	4	0
Iced Coffee with Skim Milk and Sugar	16 fl.oz.	70	0	0	0	0	0	75	16	0	12	2	0	0	4	0
Root Coffee with Sugar	16 fl.oz.	60	0	0	0	0	0	75	15	0	12	1	0	0	0	0
<b>Iced Espresso Drinks</b>																
Iced Latte with Skim Milk and Sugar	16 fl.oz.	120	0	0	0	0	0	110	22	0	22	7	8	0	20	0
Iced Caramel Swirl Latte with Skim Milk	16 fl.oz.	180	0	0	0	0	0	150	36	0	35	8	6	0	25	0
Iced Mocha Swirl Latte with Skim Milk	16 fl.oz.	180	10	1	1	0	0	110	37	1	35	7	8	10	20	8

<b>Turbo Ice™</b>	16 fl.oz.	120	60	7	3.50	0	20	25	14	0	13	1	4	0	4	0
<b>Iced Latte with Skim Milk</b>	16 fl.oz.	70	0	0	0	0	0	110	11	0	10	7	8	0	0	0
<b>Caramel Creme Iced latte</b>	16 fl.oz.	260	80	9	6	0	20	125	40	0	40	8	4	0	30	0
<b>Mocha Almond Iced Latte</b>	16 fl.oz.	280	90	10	7	0	20	115	45	1	45	8	4	8	25	0
<b>Iced Latte Lite</b>	16 fl.oz.	80	0	0	0	0	0	110	13	0	10	7	8	0	20	0
<b>Iced Latte</b>	16 fl.oz.	120	60	7	4	0	25	105	11	0	10	8	0	0	20	0
<b>Iced Latte with Sugar</b>	16 fl.oz.	170	60	7	4	0	25	110	23	0	21	6	0	0	20	0
<b>Iced Caramel Swirl Latte</b>	16 fl.oz.	240	60	7	4	0	25	150	37	0	36	8	0	0	25	0
<b>Iced Mocha Swirl Latte</b>	16 fl.oz.	240	70	8	4.50	0	25	125	38	1	36	7	0	10	20	10
<b>Other</b>																
<b>White Hot Chocolate small</b>	10 fl.oz.	230	90	9	7	0	0	290	37	0	30	2	0	0	5	0
<b>White Hot Chocolate medium</b>	14 fl.oz.	340	120	13	11	0	0	430	55	0	44	3	0	0	10	0
<b>White Hot Chocolate large</b>	20 fl.oz.	490	160	18	15	0	0	690	77	0	61	4	0	0	15	0
<b>Dunkaccino®</b>	10 fl.oz.	230	90	10	3	5	5	210	35	0	25	2	0	0	4	0
<b>Hot Chocolate</b>	10 fl.oz.	220	70	8	2	4	0	280	38	2	28	2	0	0	4	2
<b>Vanilla Chai</b>	10 oz.	230	70	8	6	0	5	50	40	0	32	1	0	0	2	4
<b>Smoothie</b>																
<b>Strawberry Banana Smoothie small</b>	16 fl.oz.	360	25	2.50	1.50	0	10	120	79	2	69	7	0	180	25	0
<b>Wildberry Smoothie small</b>	16 fl.oz.	360	25	2.50	1.50	0	10	120	79	1	70	7	0	180	25	4
<b>Mango Passion Fruits Smoothie small</b>	16 fl.oz.	360	25	2.50	1.50	0	10	120	79	2	68	7	70	20	25	0
<b>Mango Passion Fruits Smoothie medium</b>	24 fl.oz.	550	35	4	2.50	0	10	180	118	3	103	10	50	120	40	0
<b>Wildberry Smoothie medium</b>	24 fl.oz.	550	35	4	2.50	0	10	180	118	2	104	10	0	280	40	0
<b>Strawberry Banana Smoothie medium</b>	24 fl.oz.	550	35	4	2.50	0	10	180	118	3	103	10	0	140	40	4
<b>Tropical Fruit Smoothie Small</b>	16 fl.oz.	360	25	2.50	1.50	0	10	120	79	1	70	7	0	180	25	0
<b>Tropical Fruit Smoothie Medium</b>	24 fl.oz.	540	35	4	2.50	0	15	170	117	2	106	11	4	250	40	2
<b>Tropical Fruit Smoothie Large</b>	32 fl.oz.	720	50	8	3.50	0	15	220	155	2	142	15	6	380	60	2
<b>Tea</b>																
<b>Earl Grey Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>English Breakfast Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Decaffeinated Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Green Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Regular Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Lemon Tea</b>	10 fl.oz.	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
<b>Regular Tea with Milk</b>	10 fl.oz.	25	10	1	0.50	0	5	15	2	0	2	1	0	0	4	0
<b>Decaffeinated Tea with Milk</b>	10 fl.oz.	25	10	1	0.50	0	5	15	2	0	2	1	0	0	4	0
<b>Earl Grey Tea with Milk</b>	10 fl.oz.	25	10	1	0.50	0	5	15	2	0	2	1	0	0	4	0
<b>Green Tea with Milk</b>	10 fl.oz.	25	10	1	0.50	0	5	15	2	0	2	1	0	0	4	0
<b>Regular Tea with Milk and Sugar</b>	10 fl.oz.	70	10	1	0.50	0	5	15	14	0	13	1	0	0	4	0
<b>Decaffeinated Tea with Milk and Sugar</b>	10 fl.oz.	70	10	1	0.50	0	5	15	14	0	13	1	0	0	4	0
<b>English Breakfast Tea with Milk and Sugar</b>	10 fl.oz.	70	10	1	0.50	0	5	15	14	0	13	1	0	0	4	0
<b>Earl Grey Tea with Milk and Sugar</b>	10 fl.oz.	70	10	1	0.50	0	5	15	14	0	13	1	0	0	4	0
<b>Green Tea with Milk and Sugar</b>	10 fl.oz.	70	10	1	0.50	0	5	15	14	0	13	1	0	0	4	0
<b>Regular Tea with Skim Milk</b>	10 fl.oz.	25	0	0	0	0	0	70	4	0	1	2	0	0	4	0
<b>Decaffeinated Tea with Skim Milk</b>	10 fl.oz.	25	0	0	0	0	0	70	4	0	1	2	0	0	4	0



<b>Ham &amp; Swiss Flat Bread</b>	1 sandwich	490	220	24	12	0	55	1060	46	2	2	21	15	0	0	10
<b>Turkey Cheddar &amp; Bacon Flat Bread</b>	1 sandwich	490	220	24	12	0	55	1060	46	2	2	21	15	0	0	10
<b>Three Cheese Flat Bread</b>	1 sandwich	490	220	24	12	0	55	1060	46	2	2	21	15	0	0	10
<b>Personal Pizza</b>																
<b>Pepperoni Pizza</b>	1 pizza	410	170	19	9	0	35	960	45	2	3	19	15	4	0	15
<b>Cheese Pizza</b>	1 pizza	400	170	19	10	0	25	820	46	2	4	18	20	6	0	15
<b>Suprema Pizza</b>	1 pizza	430	190	21	10	0	35	1010	46	2	3	17	20	4	0	15

<b>Donuts</b>																
<b>Lemon-Bark Donut</b>	1 donut	300	130	14	5	2.50	0	300	35	3	25	3	0	0	2	10
<b>Apple Crumb Cake Donut</b>	1 donut	290	140	15	13	0.50	15	320	41	1	22	3	0	0	2	6
<b>Pumpkin Glazed Donut</b>	1 donut	280	130	14	5	1.50	4	20	450	52	1	27	4	0	0	4
<b>Berry Berry Donut</b>	1 donut	330	130	14	5	2.50	0	300	46	3	21	3	0	0	2	10
<b>Apple Crumb Donut</b>	1 donut	280	130	14	5	1.50	0	270	34	1	12	3	0	0	0	4
<b>Apple N' Spice Donut</b>	1 donut	200	70	8	1.50	2.50	0	270	29	1	7	3	0	0	0	4
<b>Bavarian Kreme Donut</b>	1 donut	110	80	9	2	2.50	0	270	30	1	0	3	0	0	0	4
<b>Black Raspberry Donut</b>	1 donut	210	70	8	1.50	4	0	280	32	1	10	3	0	0	0	4
<b>Blueberry Cake Donut</b>	1 donut	290	140	15	13	0.50	2.50	0	400	35	1	16	3	0	0	0
<b>Blueberry Crumb Donut</b>	1 donut	240	90	10	3	4	0	260	36	1	15	3	0	0	0	4
<b>Boston Kreme Donut</b>	1 donut	240	80	9	2	2.50	0	280	36	1	14	3	0	0	0	4
<b>Chocolate Coconut Cake Donut</b>	1 donut	300	170	19	6	5	0	370	31	1	12	4	0	0	0	0
<b>Chocolate Fudge Cake Donut</b>	1 donut	340	180	20	5	5	25	360	40	1	15	4	0	0	2	3
<b>Chocolate Frosted Donut</b>	1 donut	200	80	9	2	5	0	260	29	1	10	3	0	0	0	4
<b>Chocolate Glazed Cake Donut</b>	1 donut	290	140	15	13	0.50	4	0	370	30	1	14	3	0	0	0
<b>Chocolate Kreme Filled Donut</b>	1 donut	270	120	13	3	4	0	260	35	1	16	3	0	0	0	4
<b>Cinnamon Cake Donut</b>	1 donut	330	140	20	5	2	5.5	340	34	1	14	4	0	0	2	10
<b>Double Chocolate Cake Donut</b>	1 donut	310	150	17	3.50	5	0	370	37	2	18	3	0	0	4	0
<b>Glazed Cake Donut</b>	1 donut	350	170	19	5	4	2.5	340	40	1	15	4	0	0	2	8
<b>Glazed Donut</b>	1 donut	180	70	8	1.50	4	0	250	25	1	6	3	0	0	0	4
<b>Jelly Filled Donut</b>	1 donut	210	70	8	1.50	4	0	280	32	1	14	3	0	0	0	4
<b>Maple Frosted Donut</b>	1 donut	210	80	9	2	2.50	0	260	30	1	12	3	0	0	0	4
<b>Vanilla Frosted Donut</b>	1 donut	200	80	9	2	2.50	0	260	29	1	11	3	0	0	0	4
<b>Old Fashioned Cake Donut</b>	1 donut	300	170	19	5	4	25	330	28	1	9	4	0	0	2	8
<b>Powdered Cake Donut</b>	1 donut	340	170	19	5	4	15	370	36	1	17	4	0	0	2	6
<b>Strawberry Donut</b>	1 donut	210	70	8	1.50	4	0	260	32	1	11	3	0	0	0	4
<b>Strawberry Frosted Donut</b>	1 donut	210	80	9	2	2.50	0	260	30	1	12	3	0	0	0	4
<b>Sugar Raised Donut</b>	1 donut	170	70	8	1.50	4	0	250	22	1	4	3	0	0	0	4
<b>Vanilla Kreme Filled Donut</b>	1 donut	270	120	13	3	4	0	250	36	1	17	3	0	0	0	4
<b>Wheat Glazed Cake Donut</b>	1 donut	310	170	19	4	4	0	380	32	2	14	4	0	0	0	6
<b>French Cruller</b>	1 donut	150	70	8	2	2	20	105	17	1	6	2	0	0	0	0
<b>Frosted Lemon Cake Donut</b>	1 donut	240	120	14	3.50	2.50	0	150	28	0	17	2	0	0	0	2

<b>Glazed Lemon Cake Donut</b>	1 donut	240	120	14	3.50	2.50	0	150	28	0	16	2	0	0	0	2
<b>Lemon Burst Donut</b>	1 donut	300	130	14	5	2.50	0	300	35	3	25	3	0	0	0	10
<b>Fancies</b>																
<b>Apple Fritter</b>	1 fritter	300	130	14	3	2.50	0	360	41	1	12	4	0	0	0	6
<b>Chocolate Iced Bismark</b>	1 donut	340	130	15	3.50	1.50	0	290	50	1	31	3	0	0	0	4
<b>Bow Tie Donut</b>	1 donut	300	130	17	3.50	5	0	340	34	1	10	4	0	0	0	4
<b>Chocolate Frosted Coffee Roll</b>	1 coffee roll	290	130	15	3	4	0	340	36	1	12	4	0	0	0	6
<b>Coffee Roll</b>	1 coffee roll	270	130	14	3	4	0	340	36	1	10	4	0	0	0	6
<b>Eclair</b>	1 donut	270	100	11	2.50	3.50	0	290	39	1	17	3	0	0	0	4
<b>Glazed Fritter</b>	1 fritter	260	130	14	3	2.50	0	330	31	1	7	4	0	0	0	6
<b>Maple Frosted Coffee Roll</b>	1 donut	290	130	14	3	4	0	340	36	1	13	4	0	0	0	6
<b>Vanilla Frosted Coffee Roll</b>	1 donut	290	130	14	3	4	0	340	36	1	13	4	0	0	0	6
<b>Munchkins</b>																
<b>Cinnamon Cake Munchkin</b>	4 munchkins	270	130	15	3.50	4	25	210	31	1	14	3	0	0	2	25
<b>Glazed Cake Munchkin</b>	3 munchkins	280	120	13	3	4	20	190	38	1	22	3	0	0	0	25
<b>Plain Cake Munchkin</b>	4 munchkins	270	130	16	4	4	25	240	27	1	9	3	0	0	0	30
<b>Powdered Cake Munchkin</b>	4 munchkins	270	130	14	3.50	4	25	210	31	1	15	3	0	0	0	25
<b>Glazed Chocolate Cake Munchkin</b>	3 munchkins	200	80	10	2	5	0	250	26	1	13	2	0	0	0	2
<b>Glazed Munchkin</b>	5 munchkins	200	80	9	2	2.50	0	220	27	1	12	3	0	0	0	2
<b>Jelly Filled Munchkin</b>	3 munchkins	300	130	9	2	2.50	0	240	30	1	15	3	0	0	0	4
<b>Lemon Filled Munchkin</b>	4 munchkins	170	70	8	1.50	2.50	0	190	23	0	9	2	0	0	0	0
<b>Sugar Iced Munchkin</b>	7 munchkins	230	100	11	2.50	6	0	240	26	1	1	4	0	0	0	4
<b>Sticks</b>																
<b>Plain Cake Stick</b>	1 stick	490	260	29	7	5	35	310	51	1	12	4	0	0	2	35
<b>Glazed Cake Stick</b>	1 stick	490	260	29	7	5	35	310	51	1	26	4	0	0	2	35
<b>Jelly Stick</b>	1 stick	530	260	29	7	5	35	320	60	1	30	4	0	0	2	35
<b>Powdered Cake Stick</b>	1 stick	450	260	29	7	5	35	310	42	1	18	4	0	0	2	35
<b>Cinnamon Cake Stick</b>	1 stick	490	270	30	7	5	35	300	42	1	17	4	0	0	4	40
<b>Glazed Chocolate Cake Stick</b>	1 stick	470	260	29	7	5	0	490	49	2	24	4	0	0	4	10

<b>Cravings Sandwiches</b>																
<b>Grilled Bruschetta sandwich</b>	1 sandwich	580	230	49	6	0	77	1450	48	4	3	42	15	10	25	20
<b>chipotle chicken sandwich</b>	1 sandwich	620	230	26	9	0	110	1730	49	4	5	49	15	10	20	20
<b>pepperoni supreme sandwich</b>	1 sandwich	760	360	49	12	0	130	1890	47	5	4	48	30	15	35	35
<b>turkey pesto sandwich</b>	1 sandwich	530	210	23	8	0	65	1630	46	4	5	33	25	25	30	20
<b>Deli Classics Sandwiches</b>																
<b>Ham and swiss sandwich</b>	1 sandwich	360	100	11	5	0	45	1120	44	4	4	22	15	10	30	15
<b>Roast beef and swiss sandwich</b>	1 sandwich	530	230	25	8	0	80	1290	45	4	4	31	15	10	30	20
<b>Tuna (Albacore) sandwich</b>	1 sandwich	580	230	26	4.50	0	35	830	49	4	7	26	10	10	2	15
<b>Turkey and cheese sandwich</b>	1 sandwich	510	200	22	6	0	65	1380	45	4	4	35	15	10	30	15
<b>Vegetarian sandwich</b>	1 sandwich	420	160	21	3	0	5	430	50	6	6	9	15	25	4	15



**Favorites Sandwiches**

Chicken tortilla blan sandwich	1 sandwich	530	170	19	7	0	95	1370	51	4	3	45	15	10	30	20
<b>Toasted Italian sandwich</b>	1 sandwich	630	310	34	12	0	90	2330	49	5	6	35	30	60	25	25
Steak and cheese sandwich	1 sandwich	510	210	25	8	0	75	1830	45	4	3	30	5	8	2	20
<b>Turkey and bacon club sandwich</b>	1 sandwich	510	200	22	4.50	0	70	1770	44	4	4	35	6	8	2	15
Avocado and Turkey Sandwich	1 sandwich	500	200	22	5	0	40	1330	49	3	4	38	15	20	4	15

**Salads**

Caesar Salad	8 oz	390	300	33	7	0	35	980	14	3	2	10	180	60	20	10
<b>Chicken Caesar Salad</b>	11 oz	520	320	36	8	0	85	1520	16	3	2	34	160	60	25	30
Garden Salad	13.5 oz	240	110	12	5	0	30	430	24	3	3	12	180	70	30	30
<b>Mediterranean salad</b>	15 oz	220	100	11	3.50	0	15	760	23	5	7	10	160	70	20	30
Oriental Salad	14 oz	380	320	35	5	1	45	1540	39	4	20	30	150	60	10	20

**Soups**

Broscoli Cheese soup	1 cup (240 mL)	130	120	13	8	0	40	1310	10	1	8	7	30	15	20	0
<b>Chicken Noodle soup</b>	1 cup (240 mL)	140	30	3.50	1	0	45	840	20	1	1	8	40	0	2	4
Cham Chowder	1 cup (240 mL)	230	100	11	3.50	0	30	990	20	1	3	10	2	8	15	25
<b>Lasagna Soup</b>	1 cup (240 mL)	250	120	13	5	0	35	810	21	2	2	11	15	25	4	15
Tomatillo Chili with beans	1 cup (240 mL)	230	70	8	2	0	35	890	16	3	5	13	5	4	8	15